

How a Child Life Specialist can help

In the Pediatric Chronic Pain Program, a team of health care providers will work with you and your child. Each team member has a specific role that contributes to your child's care.

The Child Life Specialist can help your child and family by:

- Explaining your child's condition in a way they can understand
- Helping your child learn how to cope with pain and reduce its impact on their daily life
- Helping your child find ways to safely express their feelings
- Motivating your child to take part in their care
- Helping prepare your child and supporting them through medical tests, procedures and treatment, as needed
- Helping your child find ways to manage if they are having a difficult time taking medicines or taking part in treatment
- Encouraging participation in fun and playful activities that support treatment goals and promote normal development
- Helping your other children to express and cope with their thoughts and feelings related to your child's chronic pain condition

A Child Life Specialist:

- ✓ is a member of your child's health care team
- ✓ understands how children develop and how family members interact
- ✓ has experience in working with children of all ages, and their families

If you would like to speak with the Child Life Specialist in the Pediatric Chronic Pain Program, please call 905-521-2100, ext 73039.